

CALL for PARTICIPANTS



Training course
for
youth workers

Build Inner Peace –
Bring Outer Peace
strengthening youth workers impact
against radicalization

06th – 14th November

2018

Gudevica, Bulgaria



Welcome

Dear friends,

Through the following pages, we have summarized the information you need to know about our training course in order to apply for participation.

If you have further questions, do not hesitate to contact us at: home@learningforchange.net

Enjoy exploring the information!

This project is hosted by:

Learning for Change Foundation

www.learningforchange.net

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Who we are?

“Learning for Change” Foundation is established in 2016 by experts in the field of education, training and project activities. The main motivation of the team for the establishment of the Foundation is to combine in one organization their long experience in international Youth work, youth policy, project activities and non-formal learning. The team of experts and professionals behind the organization works actively together in the field of Youth work at national and international level for years. In early 2016 they have decided to create a unified organization to meet the specific needs for the development of non-formal learning and Youth work in Bulgaria and Europe.

Our share values are: solidarity, social justice, the right for education and training, mutual cooperation, intercultural and interreligious dialogue, public and personal responsibility, peace and sustainable development.

MISSION: To support young people in the search of their true life purpose by raising personal awareness, connection to nature, and building sustainable core values.

VISION: To live in a value-driven society that provides opportunities for natural growth and personal development through one’s unique talents as an integral part of the global eco-system.

Two main areas of work of Learning for Change are:

1. **Ecocentric development** – modern developmental psychological concept promoting holistic personal growth;
2. **Positive psychology** – modern trend exploiting resources of the brain to creates positive attitudes and thus affecting learning, working and social capacities of the people;

About the Course

WHY “BUILD INNER PEACE - BRING OUTER PEACE”

One of the most pressing challenges to European countries is the fact that a violent radicalization becomes gradually an enormous threat. While thousands of refugees/immigrants flow into Europe, the extremism rises even to the extent of using terrorist violence against fellow citizens.

Young people become an easy victim of these behaviors. Lacking their own critical thinking and inner motivation for being active citizens, they indulge into manipulations and threads starting from violent behaviors in school.



In this context, there is a need to strengthen the common European values of freedom, tolerance, respect for diversity and non-discrimination. The 2015 Paris Declaration on promoting citizenship and the common values of freedom, tolerance and non-discrimination through education comes to light the way to deal with them: education. Knowing though, that school system is overloaded with strict curriculum goals, out of school learning (Non-Formal Learning) can play a key role in this! Youth work can have a significant impact in **cultivating critical thinking and fundamental values among young people, preventing extremism, violence and radicalization**. In fact, the Youth Work Report 2014 has identified that youth work can result in a range of positive effects for youth which enables them to enhance competences, reinforce their network and social capital, improve particular behaviors and develop positive relationships.

*Given this, **Build inner peace - bring outer peace** aims at enabling youth workers of today to acquire additional competences and methods that prevent the violent radicalization of young people, especially among the hard to reach young people (minorities, migrants etc.).*

TRAINING OBJECTIVES

The training course is built on a flow which combines elements of practice/experience, reflection, theory and application. Thus, we are aiming at:

- 🕒 To develop understanding about the common **reality all over Europe** regarding violent radicalization;
- 🕒 To raise awareness about the **reasons for radicalization** among young people in different parts of society;
- 🕒 To increase the knowledge/awareness of youth workers regarding young people's need to **develop fundamental values**;
- 🕒 To develop **skills to prevent violence and radicalization** of young people, particularly to the hard to reach youth;
- 🕒 To equip with **innovative methods and tools** for working with hard to reach young people;
- 🕒 To increase the fundamental values on youth workers themselves and **motivate** them to work for strengthening these values with their target groups;
- 🕒 To develop **follow-up activities** targeting hard to reach young people.

TOPICS OF THE COURSE

- 🕒 **Fundamental values** – value-based Youth work and how to strengthen core values in youth;
- 🕒 **Causes and effects of violent radicalization** – exploration of current situation and trends in this field;
- 🕒 **Methods for affecting hard to reach youth** – defining suitable approaches to work with minorities, migrants, marginalized sub-cultures etc;
- 🕒 **Innovative tools** – positive psychology, ecocentric development and nature based methods;
- 🕒 **Self-analysis and self-development** - how to transfer understanding about ourselves into process of conscious development.



PROGRAMME ELEMENTS

Ecocentric developmental Wheel
 Working with values
 Positive psychology practice
 The Way of Council
 Nature based methods
 Experiential learning
 Methods for self-development

Workshops development and delivery
 Fasting
 Solo time in nature
 Sharing
 Peer-to-peer learning
 Transferability
 Living as a community (*cleaning, cooking etc.*)

WHO CAN PARTICIPATE

You can apply for this training course if you are from the following countries: **Bulgaria, Cyprus, Italy, Romania, Estonia, UK, France and Greece.**

Dates: 06-14 November 2018

Arrival day: 06.11.2018 before 12:00 (AM) in Sofia

Departure day: 14.11.2018 after 12:00 (AM) from Sofia.

Bulgaria	3 participants
Cyprus	3 participants
Italy	3 participants
Romania	3 participants
Estonia	3 participants
UK	3 participants
France	3 participants
Greece	3 participants

Participant profile:

The themes and elements of this course make **Build inner peace - bring outer peace** quite a particular event, thus we are looking for a specific profile of participants.

The ideal participant has:

1. **RELEVANT PROFESSIONAL EXPERIENCE:** persons who have at least 2 years of experience in youth work. The participants should have one of the **following roles:** youth workers, youth leaders, educational and career counselors, teachers, general educators, trainers, mentors, coaches, educational nature guides. The people under these roles should work directly and constantly with young people.

2. **MOTIVATION:** persons who feel a strong calling to participate in this course and have strong and relevant motivation for joining the process. The motivation should be a blend of personal and professional factors. We are looking for persons who feel **comfortable of being in nature (as the topic will be addressed through nature based practices)** and who can immerse in natural learning environments.
3. **CAPACITY TO USE THE EXPERIENCE:** each participant must be part of an organization/institution which is connected with the project topics or is willing to incorporate them in the future activities and projects.

The ideal participant is:

- a professional **youth worker** and has the necessary training in the youth field (by attending courses corresponding to the roles presented above, have specialized studies in the human development fields etc.);
- **working constantly with young people**, whether employed or volunteering;
- working with **hard to reach young people, NEET, youth with fewer opportunities, refugees, and migrants**;

The participants must be over 18 years and have a good level of English.

TRAINERS TEAM

The trainers' team has a rich experience in providing life changing experiences in safe but challenging learning environments. The "guides" of the learning process are professional youth workers, international trainers, persons with strong backgrounds in human development and psychology, with high ethics and working principles. The team is composed of:



Eleni Michail (CYPRUS) is a trainer and a youth worker. She discovered youth programmes and non-formal education while she was studying to become a school teacher. Feeling amazed by their impact, she decided to dedicate in offering possibilities for personal growth to youth. Among her areas of interest are personal development and empowerment, volunteering, human rights, active participation and sustainable development. She delivers training courses for the Cyprus' National Agency of the Erasmus + Programme, the Cypriot Commissioner of Children's Rights and other organizations. <https://www.salto-youth.net/tools/toy/eleni-michail.3402/>



Bogdan Romanica (ROMANIA) is a dedicated youth worker, trainer and motivational speaker. He is crazy about changing the world and making Earth a better place to live. He is dedicated to the following actions: supporting young people to discover themselves, encouraging them to dream big, working with youth for personal action plans and empowering them to act according to their dreams and ideals. He has a wide experience in personal development, empowerment and experiential learning, at a national and international level. <https://www.salto-youth.net/tools/toy/bogdan-romanica.3421/>



Ognian Gadoularov (BULGARIA) is a youth worker and trainer specialized in international youth cooperation projects. He is involved in interactive teaching and environmental education. Prepares and educates instructors for working with children and young people. Ognian perform responsibilities as a trainer for Bulgarian "Erasmus +" National Agency. Expert in conducting adventure programs based on experiential learning and improving team performance. <https://www.salto-youth.net/tools/toy/ognian-gadoularov.2625/>

PROGRAM OF THE COURSE

We are presenting you the program for the course. However, it is important to notice that it is just guidelines to offer you and overview, which can still be modified and will also be adapted accordingly to the group during the course.

06.11	Day 1 - 07.11	Day 2 – 08.11	Day 3 - 09.11	Day 4 – 10.11	Day 5 - 11.11	Day 6 - 12.11	Day 7 – 13.11	14.11	
Arrival Welcome	Intro day	European reality	Radicalization origins	Study visits and local workshops	Radicalization prevention	Targeted youth work	Erasmus+ Youthpass & Evaluation	Departure Goodbye	
	Daily practices - individual and group techniques (nature based practices, circle of connection and community service)								
	Official opening Aims/ Program	EU reality - presenting current situation	Causes of violent radicalization	Preparation of workshops	Youth worker's skills against radicalization	Transfer 1 - Developing of follow-up activities	Exploring Erasmus+ Programme		
	Break								
	Expectations Get to know each other	Differences and similarities - analyzing national situations	Various manifestations of radicalization among youth	Study visits in Smolyan	Innovative methods for working with hard to reach youth	Transfer 2 - Presentation of results	My development and Youthpass		
	Lunch								
	Building the group	ICL against radicalization	Defining target groups (hard to reach young people)	Practical workshops with local youth	Case study - good practices against radicalization	Hike to Kom peak	Action plan and personal commitment		
	Break								
	Violent radicalization - challenges and trends	Fundamental values - defining values and needs	Value based youth work	Practical workshops with local youth	Radicalization prevention strategies	Hike to Kom peak	Evaluation and closing		
	Reflection				Reflection				
Dinner									
Welcome Evening	Sharing stories	Intercultural break	The Way of Council	Free evening	Creation of personal Vision	Motivational evening	Closing evening		

FINANCIAL AND PRACTICAL CONDITIONS

Build inner peace - bring outer peace is a project financed by the **Erasmus+ Programme**, thus all the activities, accommodation and food are 100% covered by the EU grant. The travel costs will be reimbursed to the participants **after the course** in the amount limit presented in the table below.

PARTNER ASSOCIATION	COUNTRY	MAX. REIMBURSEMENT PER PERSON
allaZOYME	Cyprus	275 Euro
Dreams for Life	Romania	275 Euro
Amber Initiatives	UK	360 Euro
Jonathan Cooperativa Sociale	Italy	275 Euro
CET Platform Hellas	Greece	180 Euro
Hors Pistes	France	275 Euro
Simuna Naisteklubi	Estonia	275 Euro



INSURANCE: Due to the complexity of the program each participant must have a comprehensive travel and medical insurance, covering both the travel and the stay from the first until the last day of the way back home. The insurance needs to be covered by the participants.

Travel

If you plan to **arrive earlier** or **leave later** your expenses out of the days of the training will not be reimbursed by the organizers.

The arrival point for all participants is **Sofia**, as this will be the departure point to the venue of the training. You can reach Sofia by plane or bus (**preferably on 06.11.2018 before noon**).

We will arrange bus transportation for the whole group from Sofia to Gudevica on 06.11.2018 and for the way back on 14.11.2018.

There is **NO** participation fee for this training course.

VENUE – EDUCATIONAL CENTER “NATURE SCHOOL”

The training course will take place in the Educational center “Nature school” in Gudevica village. The center is situated **in the mountain** next to the Greek border in thinly populated region. There is **NO PERMANENT WIRELESS INTERNET ACCESS** in the center.

The educational centre “Nature school” is placed in an old school building surrounded by beautiful nature, high in



the Rhodopy Mountains. There are a lot of nature phenomena around – Springs of Arda River, Uhlovica and Golubovica caves, Peak Kom and also natural reserves. Today in the village live only 18 people.

The place is RURAL AND REMOTE. So you have to be **ready** to live **close to the nature, in a small community far from the city civilization!** You would enjoy the place if you are a person who likes **outdoors and country life.**

Accommodation



The accommodation will be in a village house (hut-type) with big common sleeping rooms. There are separate rooms for women and men. The beds are equipped with sheets, blankets and sleeping bags. There are two bathrooms with hot water in the house. There is also an outdoor bathroom (with amazing view to the sunset). The toilets in the center are 5 – 2 internal and 3 external compost ones. There is also a possibility to use tents and camping equipment for free if anybody wants.

Food

During the training rich and healthy **VEGETARIAN food** will be served. It will include products from local farmers, homemade cheese, butter and milk and lots of vegetables and grains. The food will be prepared by a professional cook.

Please, inform us about **any special diet and food allergies** by stating it in the application form.



APPLICATION PROCEDURES AND DEADLINE

If you want to participate in this training course you have to fill in the application form available at this link: <https://goo.gl/forms/XIzJ8VvdI3yzKCV53>

The deadline for applications submission is **20th of August 2018 (included).**

The selections results will be published on 31th of August 2018.

CONTACT

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